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Liberal leader Stephane Dion, centre, smiles as New Democratic Party leader Jack Layton, left, shakes hands with Bloc Quebecois leader Gilles Duceppe during a news conference yesterday on Parliament Hill in Ottawa. The leaders of Canada's three opposition parties said yesterday they have written to the Governor General asking her to call on Liberal leader Dion to form a new government.

It's a done deal

The three opposition parties make a historic pact

The leaders of Canada's three opposition parties yesterday signed a historic deal to bring down the minority Conservative government and then form a coalition government of their own.

The Liberals, New Democrats and separatist Bloc Quebecois say the Conservatives of Prime Minister Stephen Harper — who won a strengthened minority in an Oct 14 election — are not doing enough to help Canadians cope with the worsening financial crisis.

One of Harper's ministers called the deal "a coup d'etat" and suggested the government could temporarily shut down Parliament in response. Another minister said the country was in "a very, very serious situation."

In a scene unprecedented in Canadian political history, the Liberals and New Democrats sat down in one of Parliament's most stately rooms and signed a formal coalition deal.

The two parties, vowing to work together until June 30, 2011, will split cabinet posts. The Bloc signed an agreement promising to back a coalition government for at least 18 months.

A confidence vote has been set for next Monday. The proposed coalition government would be the first of its kind in modern Canadian history.

"We're seeing a sad spectacle from Stephen Harper's government. … (It) has shown it has no plan, no competence and no will to face up to the crisis," Liberal leader Stephane Dion said at a news conference after the signing.

"The opposition parties have decided it is time to take action. … We're ready to form a new government."

The opposition promised a stimulus package that would help the economy for two years and said they would help the ailing auto sector.

The parties agreed that Dion — who led his party to a big defeat in the Oct 14 election — would head a coalition government if it were formed.

Given Dion's poor campaign performance, the choice is likely to be controversial. He has already agreed to step down next May once a replacement is chosen.

The leaders said they would focus on the economy and ignore other deep policy differences.

They said their government would not introduce a carbon tax — Dion's commitment to do so in the last campaign hurt him badly — and would not cut short the nation's military mission to Afghanistan, which is due to end in 2011.

Bloc leader Gilles Duceppe — who wants independence for the French-speaking province of Quebec — said the crisis was for now the most important matter to be addressed.

The parties are also angry that Harper last week proposed to end public financing for political parties, a move that would have hit the opposition particularly hard. The opposition said that move showed they could no longer trust Harper, who took power after the January 2006 election.

REUTERS

How the coalition would work

Key details on the agreement signed by the three parties

- The Liberals and New Democratic Party would adhere to the agreement through mid-2011 and the separatist Bloc Quebecois would adhere to it through mid-2010 unless renewed.
- During this time, none of the parties will support any non-confidence motions and they will support the government position on financial matters and on the overall policy direction laid out in the Speech from the Throne.
- Only the Liberals and the New Democrats would have ministers (18 and six, respectively), but the Bloc says it would help build the budget speech and the throne speech.
- Liberal leader Stephane Dion would be prime minister until a new leader for his party is chosen in May.

ShareYourViews
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Man arrested for double murder

TRACEY TONG
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CHARGES An Ottawa man has been charged with two counts of second-degree murder in connection with last Thursday's double homicide.

Police said Matthew Kalli, 20, was arrested Sunday evening after surrendering to Ottawa police investigators without incident.

Police found Warsame Okie, 25, and Hayder Al-Ebadi, 18, shot in the lobby of a high-rise apartment building at 1435 Prince of Wales Drive near Hog's Back Road at approximately 5:30 p.m. on Thursday.

While Al-Ebadi died at the scene, Okie died in hospital. They were the city's eighth and ninth homicides of 2008.

The autopsies for the two men were supposed to be held yesterday in Toronto, said Ottawa Police Constable J.P. Vincelette.

Vincelette said he "can't say if there is another person" police are looking for.

The investigation is ongoing and police did not release any other information yesterday.

Kalli appears in court this morning.

Tips

- Anyone with information on this incident is asked to contact the Major Crime Section at 613-236-1222 extension 5493 or Crime Stoppers at 613-233-8477 (TIPS).

A new era for Canadian politics

COALITION The proposed coalition government, to be headed by Liberal leader Stephane Dion, would include the left-of-centre New Democratic Party with support from the separatist Bloc Quebecois and be the first of its kind in Canadian history.

Combined, the three opposition parties have 163 members of the 308-member House of Commons, versus 143 for the Conservative Party.

Here is a recent history of governments in Canada.

- Oct 14, 2008: Conservatives led by Stephen Harper are reelected with more MPs than before, but still hold a minority. Conservatives get 37.6 percent of popular vote.
- January 2006: Conservative Party led by Harper ends more than 12 years of Liberal rule by winning 124 seats versus 103 for Liberals.
- June 2004: Liberals led by former Finance Minister Paul Martin win with 135 of 308 seats and 36.7 percent of the popular vote.
- November 2000: Canada's last majority government and a third straight win for Liberal Prime Minister Jean Chretien. The Liberals take 172 of 301 seats.
- June 1997: The Liberals led by Chretien are reelected with a majority, 155 seats in a 301-seat House of Commons.

REUTERS

Entertainment pg 12

T-Pain all about honesty

Your Money pg 7

Bartering is the new cash

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Police public survey for 2008 underway

Ottawa police will be randomly selecting city residents to participate in its 2008 public survey. The survey identifies residents' perception of safety and security in their communities, concerns about crime and safety, priorities for the police, and residents' satisfaction with police services. Preliminary results will be available in January. OTTAWA POLICE

Ottawa

Keeping the wolf from the door

United Way/Centraide Ottawa, Enbridge Gas Distribution and Hydro Ottawa launched their fourth annual Winter Warmth Program yesterday, providing financial assistance to low-income families and individuals finding it difficult to pay their natural-gas and electricity bills. More than 471 Ottawa households have received financial assistance to date. METRO OTTAWA

Citizens rally against cuts, fees

TIM WIECLAWSKI
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Few things can bring a city together like a whole whack of budget cuts.

Dancers, actors, musicians and artists joined poverty and community activists for a large rally at city hall yesterday to protest a broad range of cuts, service reductions and user-fee increases proposed in order to balance the budget.

"I have never seen council chambers so full or so animated," said Paul Durber, with People for a Better Ottawa. "However negative the cuts are, it has really energized the community and that's very good for democracy."

Durber said the turnout should be a wakeup call for council that residents are paying attention to what they are doing and people do not like the directions proposed in the budget.

He's convinced that councillors are already trying to find ways to do something positive with the budget.

"It's very heartening to see this kind of unity," said Jenny Gullen, with People for a Better Ottawa. "People have a sense of a broader vision of the city that is not just a business decision. It includes business, but it also includes arts and culture and adequate service for vulnerable people."

A fine arts student at the University of Ottawa, Jessica Blackwood said the turnout shows how important arts are to the community.

"Whether you're watching television or going out taking part in culture, it's a huge part of our lives and we feel passionately about that," she said.

Catharine Vandelinde with the City for All Women Initiative suggested that a modest increase to property taxes would relieve a lot of the angst directed at councillors this week.

"People matter as much as roads and sewers, and for less than $10 per month we can keep all of our services," she said. "That's not a lot of money."

Full house at Andrew Haydon Hall

Inside city hall, it was standing room only at Andrew Haydon Hall as the first of more than 200 public delegations started addressing city councillors on the 2009 city budget yesterday.

Public delegations are scheduled at least until Thursday afternoon, with most arguing against $35 million in proposed cuts, service reductions and user-fee increases required just to achieve a 4.9 per cent property-tax increase.

While the majority of those in attendance were from arts groups protesting a $4.1-million cut to culture and arts funding, not all the public delegations argued against making cuts.

Peter van Boeschoten, chair of the city's seniors' advisory committee, said of all the recommendations in the budget, a tax increase represents the biggest burden for seniors.

He said user fees can be absorbed, but even a small increase in taxes means sacrifice for seniors. An increase of no greater than 4.9 per cent would be reasonable, he said.

TIM WIECLAWSKI/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

As public delegations began speaking on the 2009 city budget, more than 200 people packed into council chambers yesterday morning to protest proposed cuts to arts funding.

Two fires hit vacant college, apartment

INVESTIGATIONS Gatineau police and firefighters are investigating two fires — one of which is being called an arson — after a hectic Sunday night.

At 6:30 p.m., firefighters were called to a fire at the vacant College Nouvelles Frontières at 100 Gamelin Rd. in Hull.

"It was possibly a person who made a break-and-enter set fire (to it) after that," said Gatineau police Const. Isabelle Poirier. Police didn't have the value of the damages.

Firefighters were called to a second fire at 165 Des Jonquilles Rd. at approximately 10:40 p.m.

Poirier said the fire, which started in the basement of the three-storey apartment building, caused firefighters to evacuate the residents.

The fire took over an hour to put out. This one is "probably not criminal," said Poirier.

TRACEY TONG/METRO OTTAWA

125 Years of Hockey in Ottawa on exhibit at city hall

TRACEY TONG
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Even if you're a diehard hockey fan, two Ottawa sports historians say you may not know as much about the sport as you think.

For instance, did you know that hockey was introduced to Ottawa when a group of McGill University students starting government jobs here brought the sport with them in 1883?

"A lot of people didn't know it went way back," said Jim McAuley, co-curator of the 125 Years of Hockey in Ottawa exhibit opening at the City Hall Art Gallery today.

"We're trying to tell the story of hockey in Ottawa," said co-curator Paul Kitchen.

TRACEY TONG/METRO OTTAWA

Jim McAuley, left, and Paul Kitchen are co-curators of the 125 Years of Hockey in Ottawa exhibit opening today.

"Sporting activity is very important to the lives of people who live in this community, and hockey is the most popular of them all."

That first team evolved into the Ottawa Senators, which moved to St. Louis as an NHL franchise in 1934-35 and folded shortly after.

Over the years, other teams played under the Senators name, until the Senators as we know them today were awarded the franchise in 1990, playing their first game in 1992.

The exhibit at city hall includes trophies, jerseys, programs, sticks, skates and other memorabilia from Ottawa teams of days past.

A lifelong hockey fan, McAuley loaned some of the more unique items from his collection, including programs and cards from the Ottawa Nationals, a team that lasted one year in the 1970s.

The exhibit will likely attract members of the general public, school groups, minor hockey league players, and friends and families of old-time hockey players, Kitchen said.

"People want to be reminded of the roles their fathers and grandfathers played in hockey," he said.

McAuley hopes a visit by the Stanley Cup on Dec. 13 and 14 will also draw people to the exhibit.

"It's a rare opportunity to be close to it," he said.

Ice action in December

- The IIHF under-20 world championship and the 10th annual Bell Capital Cup are both coming to the city this month. Both trophies are on display in the exhibit.

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What's online today.

Watch an economic stimulus play a crucial role in coalition deal at **metronews.ca/canada**

Read Allan Small's Investment Perspective on how anticipation of automaker bailout buoys North American markets at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 0 3 3; **Ontario Pick 4** : 0 3 4 8
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Daily Keno: 4, 9, 12, 21, 28, 31, 32, 36, 38, 43, 47, 53, 54, 58, 59, 65, 66, 67, 68, 70.
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Iran to Canada: Look in the mirrror, first
Iran accused Canada yesterday of violating the rights of its indigenous people, after Ottawa proposed a UN resolution condemning human-rights violations in the Islamic Republic. REUTERS

Canada

Nestle faces ad complaint

Environmental groups have filed a misleading-advertising complaint against Nestle, disputing claims in an ad by the company that its bottled water has numerous ecological benefits. The groups said Nestle Waters Canada contravened the Canadian Code of Advertising Standards "by making false and misleading statements" in full-page newspaper ads in October. REUTERS

NDP ask RCMP to look into tape

Layton wants answers for Tory transcript

The New Democrats have asked the RCMP to investigate a possible breach of the Criminal Code after a caucus teleconference was intercepted by a Tory MP and released to the media.

The NDP said in a letter to the Mounties that Conservative British Columbia MP John Duncan recorded the conversation when he "was neither the originator nor the intended recipient of the communication," even though an e-mail was mistakenly sent to him inviting him to take part.

"I request that the RCMP initiate an investigation into a possible violation of the Criminal Code of Canada as a result of the interception and recording of the communication," Anne McGrath, chief of staff for NDP Leader Jack Layton, stated in the letter sent out yesterday.

Officials in the Prime Minister's Office handed out copies of the recording on Sunday to reporters, claiming the tape showed Layton and Bloc Québécois Leader Gilles Duceppe had conspired some time ago to topple the Conservative government.

But both parties maintain their negotiations did not begin until after the Conservative government released last month's throne speech, and that things ramped up after the government's controversial economic update.

TORSTAR NEWS SERVICE

Czech Republic **Welcoming ceremony**

DAVID W CERNY/REUTERS

Gov. Gen. Michaëlle Jean, front left, reviews the guard of honour during a welcoming ceremony for her at Prague Castle in Prague, Czech Republic, yesterday.

Review of child deaths starts today

COMPENSATION The provincial government will today begin the process of reviewing at least 142 child deaths attributed to shaken baby syndrome to determine if there were miscarriages of justice, a government source says.

Attorney General Chris Bentley will also announce at a news conference today that his government is moving ahead to develop a compensation framework for victims of pathologist Dr. Charles Smith's work, according to the source.

TORSTAR NEWS SERVICE

News in brief

MANITOBA Nathan Boryskavich, 43, of Belmont, Man., died Saturday after being hit with pepper spray by RCMP in The Pas, Man., CBC New Online reports. Boryskavich had been removed from his ex-wife's home and officers managed to arrest him, but police say he became combative. The RCMP said there was a struggle, and police used pepper spray against him.

STRANDED Members of a Canadian tour group stranded by Thailand's escalating violence were set to fly out of a naval base this morning, after accepting an offer from the Canadian Embassy in Bangkok. But only 37 of the 82 travellers in the group agreed to the trip, even though 68 spots were available.

METRO NEWS SERVICES

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Economy no excuse to stall on climate plans, UN delegates say
The economic slowdown is "no excuse" to neglect a fight against global warming that could widen water shortages to half of humanity by 2050, delegates told the opening of UN climate talks in Poland yesterday. REUTERS

World

EU sets standards for carmakers

European carmakers must cut global-warming gases from new vehicles by 18 per cent within the next six years, the EU agreed yesterday, after a long battle between environmentalists and an industry facing tough times. But the compromise was attacked by some environmentalists, who said it was tailored too neatly around big auto's demands and undermined EU efforts to lead the world in fighting climate change. REUTERS

India pressures Pakistan to act

Neighbour vows to co-operate in investigation

India demanded Pakistan take decisive action over deadly attacks in Mumbai it said were carried out by militants from its nuclear-armed rival, while the West urged co-operation to ease tension.

U.S. Secretary of State Condoleezza Rice and Arab League Secretary-General Amr Moussa both were due in New Delhi, with the militant attacks that killed 183 people in India's financial capital threatening to reverse improving ties with Pakistan.

India's foreign ministry said yesterday it called Pakistan's envoy to New Delhi and told him attackers, who investigators said had months of commando training in Pakistan, had come from there.

"It was conveyed to the Pakistan high commissioner that Pakistan's actions needed to match the sentiments expressed by its leadership that it wishes to have a qualitatively new relationship with India," a foreign ministry statement said.

Pakistan, in a report by its official Associated Press of Pakistan, said its high commissioner had gone to the Indian foreign ministry "as per routine" and had not been summoned for a meeting or been issued with any official demarche.

Investigators said the militants were trained by the Lashkar-e-Taiba group, blamed for a 2001 attack on India's parliament. That event nearly set off the fourth war between the two countries since Pakistan was carved from India in 1947.

Pakistan has vowed to co-operate with India in investigating the militant assault, but yesterday rejected what it called unsubstantiated allegations of complicity in the attacks. REUTERS

Tourism expected to drop in India

• Tourist arrivals in India are set to fall by up to 15 per cent this season after Islamist militants went on a three-day rampage in Mumbai, tour operators said yesterday. The expected drop in numbers will squeeze a sector already hit by the global financial crisis, they said, following the attacks that killed 183 people and scarred some of the city's most famous landmarks.

PHILIPPE WOJAZER/REUTERS

France's First Lady Carla Bruni-Sarkozy delivers a speech during a news conference yesterday in Paris to announce she will work as an ambassador for the Global Fund to fight AIDS. A UN report released yesterday urged expanded screening of newborns for AIDS, saying it could save lives.

More AIDS tests for newborns: UN

HEALTH The United Nations yesterday urged countries around the world to expand screening of newborn infants exposed to the virus that causes AIDS, saying it could save the lives of countless children.

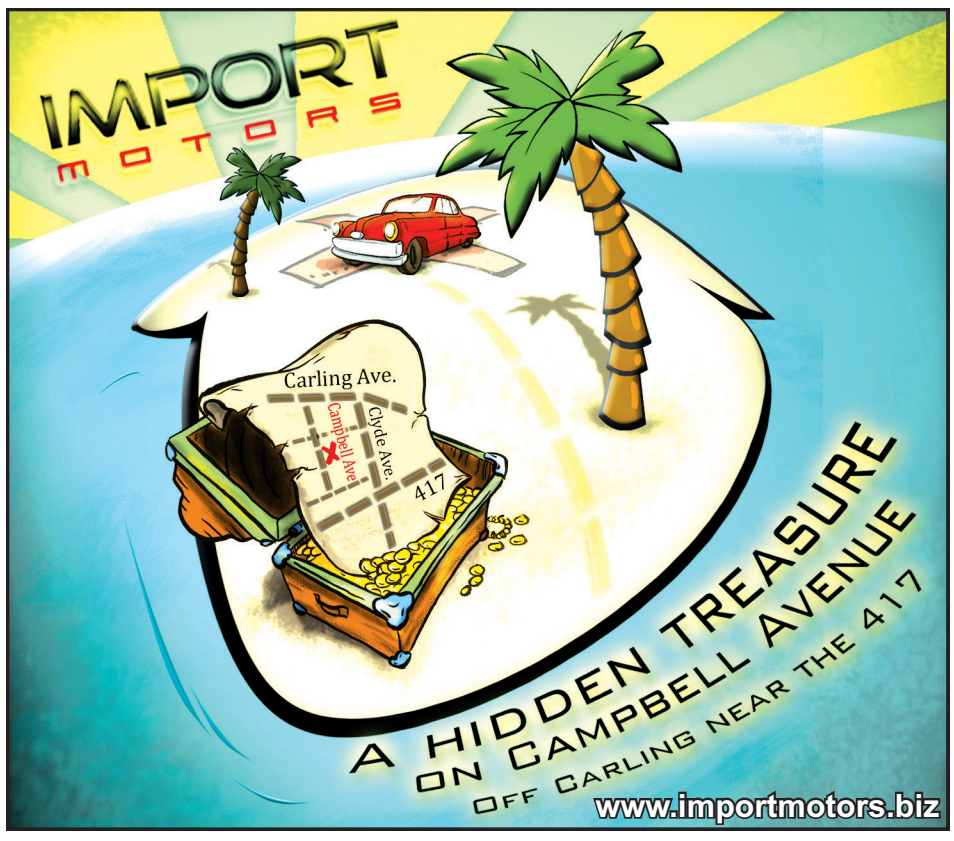
"Without appropriate treatment, half of children with HIV will die from an HIV-related cause by their second birthday," Ann Veneman, executive director of the UN children's fund UNICEF, said about a new UN AIDS report launched in New York on the 20th World AIDS Day.

"Survival rates are up to 75 per cent higher for HIV-positive newborns who are diagnosed and begin treatment within their first 12 weeks," she said.

The report said there was visible progress in the fight against AIDS — some three million people worldwide are currently receiving treatment and the number of new infections and AIDS deaths has dropped. But negative trends remain.

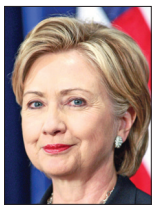
The report — prepared by UNICEF, the UN AIDS program UNAIDS, the World Health Organization, and the UN Population Fund — warned that pregnant women were not receiving sufficient counselling and other services necessary to teach them about contraception and safer infant feeding.

It said many children less than a year old were dying of AIDS-related illnesses before they are even tested for HIV. REUTERS



Middle East leaders mixed on Clinton pick

POLITICS U.S. president-elect Barack Obama's choice of Hillary Clinton as secretary of state gladdens Israel, but does not overjoy Arabs and Iranians keen for a new start after eight years of perceived U.S. policy calamities.


Clinton

Obama named Clinton for the post when he announced his national security team in Chicago yesterday.

Clinton talked tougher than Obama when they were vying to be Democratic presidential candidate, decrying her rival's "naive" call for direct talks with foes such as Iran, Syria and North Korea and vowing to "obliterate" Iran if it attacked Israel.

Israeli Prime Minister Ehud Olmert congratulated Clinton on her appointment. "Senator Clinton is a friend of Israel and the Jewish people," he said.

Palestinians acknowledged the future secretary of state's grasp of the issues that her husband Bill Clinton grappled with during two terms in the White House. REUTERS

Heavy rains cause floods in Venice

ITALY Large parts of Venice were flooded yesterday as heavy rains and strong winds lashed the lagoon city, with sea levels at their highest level in 22 years.

Ferry and water-taxi services in the city were suspended and Venice's mayor urged people to stay indoors. REUTERS

News in brief

ARREST Federal authorities arrested the mayor of Birmingham, Ala., on Monday in a corruption probe surrounding a sewer bond debt that could lead to the largest municipal bankruptcy in U.S. history. REUTERS

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Comment & Views

Comment

PM down for the count

Harper's own party has begun to turn on him

NationalReport

Lawrence Martin

A week ago, Stephen Harper was sitting pretty. He could comfortably look ahead to another long-lasting minority government.

There was no appetite in the opposition ranks to bring his government down.

But Stephen Harper, or Stephen Hubris as he is sometimes called, can't help himself. His brutally partisan and spiteful political instincts have too firm a grip on his soul. At a time of global economic crisis, at a time when cheap political partisanship should have been forgotten, he attempted a naked political power grab that has sealed his doom.

These types of leaders are usually described as political animals. But that's nowhere near strong enough for this PM. With this guy, there is no sense that politics is the pursuit of enlightened public policy. Rather, it is total Macbethian bloodsport. It's about sucking the political blood out of every opponent in sight. He thrives off it, lives off it. He's Count Stephen, political vampire.

And we can probably say now that the Count has given himself an expiration date.

For a while, he can run and consult his party's dirty-tricks handbook (200 pages) and hide.

At a time when cheap political partisanship should have been forgotten, he attempted a naked political power grab.

He can avoid a confidence vote and the possibility of a weird and wobbly coalition government by proroguing parliament. That would risk derision for Mr. Harper, as in "Look at the coward run."

And if he goes that route, it means he would have to come back with another throne speech early in the year. The opposition could vote him out then or, following that, on his budget. Meanwhile, having made such a colossal miscalculation on his economic statement, the daggers in his own party will soon be out for him. There was already uneasiness with him for his failing to win a majority when conditions seemed so right in the last campaign.

His one hope is that the Governor General buys the line that a coalition dependent on a separatist party for survival is not a viable option and calls another election. Who knows what would happen then, if there was another campaign? The disgust among Canadians would be incalculable. Anyone could win, including Count Stephen.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Protecting arts funding should be a priority

Melanie Doane

"Every budding dictatorship begins by muzzling the artists, because they're a mouthy lot and they don't line up and salute very easily." Margaret Atwood

I attended a rally over a month ago. The goal was to unite the artists of this country and remind them to vote for culture and that together, we have a strong voice, and we need to use it.

The election is over now, but I would like to see us hold on to the momentum and the good vibes and learn a lesson from our Québécois contemporaries.

Our prime minister has said that ordinary people are not interested in art.

He lets us know this in spite of his opinion, for he is a music lover and can actually play the piano himself.

That's incredible!

Kind of reminds me of the scene in Pretty Woman where suddenly we see Richard Gere, alone in the hotel ballroom, working out his angst on the keyboard. He's so sensitive, so artsy.

It's an insult.

But the reason behind this attitude toward art and artists is more frightening than insulting. We know from statistics that any money spent on the arts is a sound investment. The cultural sector generated $46 billion, or 3.8 per cent of Canada's gross domestic product, in 2007.

So then, if there is no financial risk, why the disdain?

Margaret Atwood recently suggested: "Every budding dictatorship begins by muzzling the artists, because they're a mouthy lot and they don't line up and salute very easily. Maybe that's why Mr. Harper began by shutting down funding for our artists abroad."

Or, perhaps Mark McKinny is on to something when he says, "What dancer broke your heart in first-year university, Steven? It's time to get over it."

I don't know the answer, but I do know when there is an attempt to stop artists from doing their work.

There's a play I wish Mr. Harper had seen. It's about growing up loving the piano, playing and practising for years only to discover you are not good enough to be a professional musician. 2 Pianos, 4 Hands played to sold-out audiences across Canada and America, had a long off-Broadway run and also plays in London's West End. It continues to be performed around the world today.

It started with a tiny grant at a tiny theatre, and it's safe to say the investment paid off.

It was a hit because it spoke to people.

Our friends in la belle province understand this.

They like their artists. They support them and the monetary returns are substantial.

We need look no further for a great model to continue to improve the relationship between art, business and government.

Melanie Doane is a Juno award-winning singer/songwriter whose new album, A Thousand Night, features duets with Ron Sexsmith, Jim Cuddy and Emilie-Claire Barlow. Melanie will perform across the country in December on CPR's Holiday Train.

Letters

Coalition is a lump of coal in Canada's Christmas

Just when Canadians thought they were through yet another federal election and had democratically elected the government of their choice, an irresponsible opposition come up with a surprise Christmas present to oust the Conservatives.

Unhappy with Finance Minister Jim Flaherty's fiscal update, which wisely contains no immediate stimulus package but focuses on spending cuts including cutting the $27-million annual taxpayer subsidy to political parties, there is much talk of the opposition bringing the government down. They would form an unprecedented coalition of Liberals and New Democrats and which might even include the Bloc.

This attempt to take power without an election is shameful enough, but I find it even more distasteful that former prime minister Jean Chretien and NDP leader Ed Broadbent would have such contempt for democracy as to be involved in this backroom deal. This scheme to defeat the government ostensibly over concern for the economy is both dishonest and inept and a guaranteed disaster for themselves and the country should the opposition pursue such madness.

GERALD HALL
NANOOSE BAY, B.C.

Harper united the right, now he's uniting the left

Many democratic countries have coalition governments and they work fine.

As far as this coalition being democratic, of course it is. In fact, any way you slice it, this coalition will better represent the will of the people of Canada. The fact that the Bloc is willing to help this coalition as well is perfectly normal in a parliamentary democracy. Finally Parliament will work. Harper will go down in history as uniting the right and uniting the left.

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. **We reserve the right to edit letters.**

Another U.S. rate cut possible

Federal Reserve chairman Ben Bernanke said another interest-rate cut from the current one per cent is "certainly feasible," though he noted the move may not kickstart the economy. Many economists expect the cut to come by Dec. 16. **CBC NEWS ONLINE**

Business

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Air Canada gets quick cash

Air Canada said yesterday that Groupe Aeroplan Inc., the operator of the airline's frequent-flyer plan, has agreed to speed payment for reward tickets issued under the plan, raising $70 million for the cash-strapped carrier.

Air Canada said in a statement the payment is for reward tickets issued by Aeroplan through May 29, 2009. The airline said Air Canada and Aeroplan have also agreed to unspecified "commercial terms that are beneficial to both parties."

Air Canada said the deal was a part of a move to improve short and long-term liquidity by "both traditional and nontraditional means."

Last month the airline said it had $1.114 billion in cash on hand, not far above the $1 billion Air Canada said it considered to be a comfortable amount, and it planned to take steps to raise additional money.

"Air Canada has indicated they are looking for new sources of liquidity," said Cameron Doerksen, an analyst at Versant Partners. "This is obviously part of that plan."

Air Canada's class A shares fell 26 cents, or 12 per cent to $1.94 at midday yesterday on the Toronto Stock Exchange, while Groupe Aeroplan dropped 64 cents to $7.24. **REUTERS**

Economy rebounds in Q3

REPORT Canada's economy grew at a faster clip than expected in the third quarter, just before the financial crisis intensified, as a rebound in goods-producing industries offset weak exports and consumer spending.

Statistics Canada said yesterday that the gross domestic product expanded 1.3 per cent on an annualized basis in the third quarter, beating the market forecast of 1.1 per cent growth, after stagnating in the first half of the year. **REUTERS**

In brief

MARKETS The S&P/TSX composite index fell 9.3 per cent, or 864.41 points, yesterday, its deepest net drop ever, as sliding commodity prices, gloomy U.S. economic news and the urge to take profits after six straight days of gains prompted a sell-off that hit every sector.

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METRO NEWS SERVICES

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Barter, trade or get it free

SmartCookies

In recent months, we have needed to become even more creative in getting what we want for less. So sit up and take note — we've got some savvy suggestions on how to save money on the things you want and, in some cases, even get them for free!

Barter

We all have a special skill or services that we can offer others. Why not barter for other services or products? A family we worked with on our W network show, Smart Cookies, actually bartered their daughter's entire wedding. And one of our Smart Cookies has bartered her marketing services for free personal training sessions.

Trade

Check to see if you can get what you are looking for through trading or swapping. There are a number of websites where you can exchange things you already own, and no longer want, for things you do want. The basic premise in which these sites are based is that you provide things you want to get rid of to other people, in exchange for points. With your points you purchase items that you might want from other individuals. Items up for swapping include books, DVDs, games and baby items. One of our favourites for books is bookmooch.com. Also, check out Craigslist.com, which offers swapping services and posts information about swap meets in your area.

Since coming together as a money group, we have saved thousands of dollars on clothes and other items. Not only do we share our stuff but we swap as well. Once a season, we get together with our friends and swap everything from clothes, magazines, to beauty products that we no longer need. Not only do you save money, but it is also a great way to get together with girlfriends.

On the House

Who said you can't get anything for free? There are heaps of things that people no longer want but are willing to give away in the interest of recycling and reusing. Check out Craigslist.com and freecycle.ca for things you might be looking for. We found a brand new medium sized pet carrier (perfect for our pampered pooch Lucy), a beautiful wine rack and even a new couch!

Also, if you are a new parent, tons of companies compete for your business by offering free samples, promotional packages and goodies. Check out freeparentstuff.ca.

For more ways to save check out smartcookies.com or pick up a copy of our book Smart Cookies Guide to Making More Dough.

If you have questions or suggestions for the Smart Cookies e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

MoneyMatters

Henry Choo Chong

This week's column advises on the best way to do the capital gains and losses dance. Visit metronews.ca

Investing

Allan Small

The week's column gives a market commentary for the past two weeks. Visit metronews.ca

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Look inside Metro's Gift Guide section on December 4 for your chance to *WIN!*

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 5, 2008. Approximate retail value of prize is $2,500. Odds of winning depend on number of entries received. Rogers Cable may not be available in all areas. Selected entrants not residing in a Rogers Cable ready area are eligible to win, in lieu of the Rogers Cable portion of the prize, one (1) LG 42" Flat-Panel LCD HDTV and one (1) $1500 gift card for Best Buy. This prize will only be made available to winners not residing in a Rogers Cable ready area. For full contest rules and details, visit www.metronews.ca.

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Ronaldo searchable
Manchester United's Cristiano Ronaldo was named Yahoo Canada's most searched athlete for 2008 yesterday. U.S. swimmer Michael Phelps was second while Sidney Crosby was third. METRO NEWS SERVICES

Sports

Penn State mascot arrested

The Penn State University student who plays the Nittany Lion mascot was arrested on a DUI charge and his status for the Rose Bowl is in doubt, police and school officials said. James Sheep was pulled over by police on Nov. 22, hours before Penn State's 49-18 win over Michigan State, university police Capt. Bill Moerschbacher said yesterday. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Burress posts $100K in bail

NFL New York Giants wide receiver Plaxico Burress faced charges of criminal possession of a handgun yesterday following an apparent accidental shooting of himself in a Manhattan nightclub, prosecutors said. Burress was not asked to enter a plea and posted bail of $100,000 US.

Plaxico Burress

The 31-year-old faces two counts of criminal possession of a weapon including possession of a loaded weapon with the intent to use it unlawfully, prosecutors said. If convicted he could face three and a half to 15 years in jail. He is due back in court March 31.

Former NHLer Martin dies

HOCKEY Quebec police say Hubert (Pit) Martin, a four-time NHL all-star in the 1960s and '70s, has died after his snowmobile plunged into an icy lake.

Martin, 64, was driving the vehicle on a lake in northwestern Quebec on Sunday when the ice cracked and he plunged into the freezing water. Martin played 1,101 NHL games with the Detroit Red Wings, Boston Bruins, Chicago Blackhawks, and Vancouver Canucks, amassing 809 points from 1963 to 1979.

METRO NEWS SERVICES

Crunch may hit NHL the hardest

Lack of U.S. TV deal, falling loonie put league behind other sports during economic woes

The NHL will likely find itself on financial thin ice if the recession deepens, according to many leading economists and financiers in the sports community.

With no substantial American television contract, teams in questionable, non-traditional markets and a falling Canadian dollar, the National Hockey League will suffer more than North America's other major sports leagues in a prolonged economic downturn, according to those experts.

The upside for Canadian fans is that those economic woes could mean another team north of the border as owners look to the game's hotbeds as an economic salve.

"Hockey is the most vulnerable and that's primarily because of the lack of a TV contract in the United States," said Richard Powers, associate dean of Rotman School of Business at the University of Toronto.

"I really do think we're going to see some contraction and/or relocation. And it's very likely we're going to see another franchise in Canada. Where it will end up, Winnipeg or southern Ontario, is anyone's guess. But the market here is ripe."

The experts generally agreed the NFL would emerge from the economic downturn largely unscathed because of its mass appeal, enormous stadiums, short schedule and affordable ticket prices.

GETTY IMAGES

U.S. markets such as Washington, above, also have attendance problems.

The NFL's TV deal is worth $2.2 billion (all figures U.S.). While the NBA and Major League Baseball also have hefty broadcast price tags, the NHL gives its games away to NBC south of the border under a profit-sharing arrangement.

The NHL board of governors meets later this month with the state of the economy on the agenda.

"We, the Leafs, are looking forward to that discussion so we can hear how healthy the league is," said Richard Peddie, president of Maple Leaf Sports and Entertainment. "It's tough out there. Our business is soft around the edges. That T-shirt isn't being bought. I'll pass on the fries with that hamburger.

"Hockey is the most vulnerable and that's primarily because of the lack of a (U.S.) TV contract."
Richard Powers

"It may sound trivial, but it all adds up."

Larry Grimes, president of W.B. Grimes and Co., which specializes in sports-team acquisition, says the recent uptick in interest in hockey — its success with outdoor games, the marketing of Sidney Crosby and strong Stanley Cup ratings — might act as a buffer for the league.

But he said the decline of the Canadian dollar after the six Canadian teams generated $150 million in profit last year is an issue.

"The falling Canadian dollar versus the U.S. dollar certainly can't be good news if you're a Canadian owner," Grimes said. "It's heading south again. That would make it difficult to pay the big salary and compete in the free-agency market."

In 2007, a rising loonie spurred growth in the NHL's strongest markets. But with it back down in the 80-cent range, the Canadian dollar could have catastrophic impact on revenue and the salary cap:

- Players might not get their full salaries if league revenues don't meet expectations, with owners clawing back money through an escrow account as provided for in the collective bargaining agreement.
- If the cap, pegged at 56.7 per cent of revenues, declines, some teams might have to dump players, while free agents expecting a bonanza would have to settle for less.
- A prolonged recession could also have a profound effect on hockey's grassroots, especially in the U.S.

"I am concerned about hockey," said Robert Modansky, who heads up business valuations and bankruptcies for Rosen Seymour Shapss Martin and Co. in New York.

Modansky comes from a hockey-mad family that attends Rangers games and has one son in hockey.

"I make a moderate six-figure income. But what about the guy who doesn't? Hockey is an expensive sport to play, to have your kids play, or to watch."

TORSTAR NEWS SERVICE

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YAHOO! CANADA LIFESTYLE
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How to turn him on

Men can be mysterious creatures, especially when it comes to what turns them on. Wouldn't it be great to know exactly what gets him hot? Read what real men say gets them in the mood.

Getting all hot and bothered starts with just getting together. Let your man know when the time is right and he'll be more than happy to skip out on a boys night out in exchange for what you have in mind.

Ask your guy to tell you where he likes to be touched. There are more than just the obvious hotspots. Even better, try to figure it out together.

Being confident in bed is sexy. Don't force something you're not comfortable with. Stick with what feels right and it'll enhance the mood for the both of you.

(continued online...)

To read more, visit lifestyle.yahoo.ca

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Columbus 3 Vancouver 2
Detroit 2 Anaheim 1
Nashville 2 Buffalo 0
Colorado at Minnesota
Toronto at Los Angeles

TONIGHT'S GAMES
Tampa Bay at Philadelphia
Florida at Washington
Atlanta at Montreal
Dallas at Calgary
Los Angeles at Phoenix
Toronto at San Jose

TOMORROW'S GAMES
Atlanta at **OTTAWA**
Pittsburgh at N.Y. Rangers
St. Louis at Minnesota
Anaheim at Chicago
Dallas at Edmonton

NBA

YESTERDAY'S RESULTS
Boston 107 Orlando 88
Charlotte 100 Minnesota 90
Miami at Golden State

TONIGHT'S GAMES
L.A. Lakers at Indiana
Washington at New Jersey
Portland at New York
Detroit at San Antonio
Philadelphia at Chicago
L.A. Clippers at Dallas
Toronto at Denver
Utah at Sacramento

NFL

YESTERDAY'S RESULT
Jacksonville at Houston

Crosby first star of week

Sidney Crosby was named the NHL's first star of the week yesterday. The Pens captain scored six goals in three games, moving into second place in league scoring behind teammate Evgeni Malkin. METRO NEWS SERVICES

Change coming for Oilers

YorkReport

Marty York

marty.york@metronews.ca

Brace yourself for a major shakeup involving the Edmonton Oilers.

NHL sources told Metro yesterday the Oilers are poised to complete a significant trade and/or fire coach Craig MacTavish, likely this week.

"They (the Oilers) have come nowhere close to what they expected to be this season, and (club chief) Kevin Lowe is extremely annoyed," an NHL source said.

"Kevin's just about ready to pull the trigger."

The Oilers were supposed to be a contender this season.

Oddsmakers reckoned they'd likely qualify for the playoffs.

Yet they've turned out to be inconsistent, at best, and are below .500.

Pre-season prognostications predicting prolific production from the Oilers' forwards are proving false, and it's actually defencemen leading the team in scoring.

Edmonton players are bracing themselves for changes, but defenceman Sheldon Souray hopes MacTavish isn't affected.

"It's not Mac's fault," Souray said.

"It's up to the guys here to bring a little more and be a little more accountable for our production."

MacTavish is in his eighth season as the Oilers' coach.

Only two of his counterparts — the Buffalo Sabres' Lindy Ruff (11 seasons) and the Nashville Predators' Barry Trotz (10) — have coached their NHL teams longer than MacTavish.

• From the hard-to-believe department comes information of a mind-boggling bidding war for pitcher A.J. Burnett, who is 31, injury-prone and has started 30 games in a season only twice.

The Blue Jays would like to re-sign the right-hander, but they won't come close to matching offers made by the New York Yankees, Boston Red Sox, Baltimore Orioles, Atlanta Braves and Philadelphia Phillies.

When all's said and done, Burnett will collect a guaranteed $85- to $90-million US for five seasons. Unbelievable, eh?

• Syndicated baseball columnist Tracy Ringolsby listed Jays general manager J.P. Ricciardi as one of his top turkeys for a U.S. Thanksgiving Day piece last week.

Why?

"For continuing to moan about the struggles of competing in a division that includes the free-spending Yankees and Red Sox while Tampa Bay, with the second-lowest payroll, was winning the American League East."

• The Milwaukee Brewers are dumping Quebec-born reliever Eric Gagne, who compiled a 5.44 earned-run average last season and lost the closer's role in May … The Red Sox are adding two quality Japanese pitchers — 22-year-old Junichi Tazawa and 33-year-old Kenjin Kawakami … Boston's also hot to trot after star first baseman Mark Texeira … And the Jays still covet slugger Milton Bradley, although they have yet to talk dollars with him — and he's leaning toward a deal with the Rays.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Talk Heat-ing up

• The Toronto Raptors, desperately attempting to strengthen their bench, are talking trade. NBA sources tell Metro's Marty York that Raps chief Bryan Colangelo spent part of the past weekend examining potential deals with Miami Heat counterpart Pat Riley, among others.

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For more details, including all the prizes and how to enter, go to www.yourquest.ca.

Enter soon, the contest ends January 30, 2009.

TICO

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Self-diagnosis by search engine

Online health information is breeding a generation of cyberchondriacs — people who needlessly fear the worst diagnosis after surfing the Net, says a Microsoft team that studied health-related web searches. **BBC NEWS ONLINE**

Health

Sanctuary spa products

The Sanctuary, a celebrated day spa in London's Covent Garden, has brought its treatment line to Canada. The spa products includes lotions, scrubs, bath soak, shower mousse and body butter, to name just a few, and will be available at Rexall's PharmaPlus, and at select Loblaws, Superstores, Zehrs and Fortinos. Prices range from $11.99 to $19.99. METRO NEWS SERVICES

Debunking myths about HIV/AIDS

CELIA MILNE
for Metro Canada

Haven't heard much about HIV/AIDS lately? The disease is definitely still with us. "I think there's a misconception that the HIV/AIDS problem has gone away in Canada. And that is not the case," says Dr. Ann Stewart, Medical Director at Casey House in Toronto.

Every two hours, someone in Canada is infected with HIV. In fact, Ontario has experienced a shocking 75 per cent increase in HIV incidence rates in the last 10 years. More and more of those contracting the virus are women and young people. And while medications have given many a chance to live their lives, doctors are starting to see premature aging in those who have been taking meds for a long time.

With the commemoration of World AIDS Day yesterday, Casey House and the Toronto People With AIDS Foundation would like to blast some common myths about HIV.

ISTOCKPHOTO.COM

Contracting HIV from touching, hugging or kissing is a myth. It can only be transmitted through semen, vaginal fluid, blood or breast milk.

HIV rates

Ontario:
- More than 26,000 people are living with HIV, and of that number, 16,550 live in Toronto.

B.C.:
- It's estimated there are 12,000 people infected with HIV.

Alberta:
- There are approximately 3,200 people living with HIV/AIDS, with a much higher rate of infection in Edmonton than in Calgary.

CELIA MILNE/
FOR METRO CANADA

MYTH: You can catch HIV from mosquito bites, or from touching, hugging or kissing someone who is HIV positive.
FACT: Only semen, vaginal fluid, blood or breast milk transmit HIV.

MYTH: I don't feel sick, therefore I don't have HIV.
FACT: You can have HIV and be symptom-free for many years. In fact, you may be extremely infectious.

MYTH: You can't get HIV from someone who is getting treatment.
FACT: Although treatment can impact the risk of infection, HIV can still be transmitted through unprotected sex with someone who is receiving treatment.

MYTH: A diagnosis of HIV is a death sentence.
FACT: People with HIV are living longer than ever before, but they remain vulnerable to developing AIDS and other serious diseases such as opportunistic cancers, heart disease, osteoporosis and diabetes, and must adhere to careful treatment (and its negative side effects) for the rest of their lives.

MYTH: If I get HIV, I can be cured with treatment.
FACT: There is no cure for HIV/AIDS.

Teens who self-harm need non-judgmental help: U.S. researchers

CELIA MILNE
for Metro Canada

A new U.S. study suggests teens who self-harm need non-judgmental listening and minimizing harm rather than strict control and suicide watch.

Teens who deliberately harm themselves — usually by cutting or burning —are often dealing with stress, depression or anxiety, and trying to relieve their emotional pain through physical pain.

"Recognize what deliberate self-harm is: A voice on the skin, a cry for help when they are either unable to voice their pain or when no one listens," says Dr. Jacqueline Mangnall, a psychiatric nurse and Chairperson of the Department of Nursing at Jamestown College in North Dakota.

Mangnall and colleagues reviewed the medical literature on self-harm and also spoke to many people who had cut themselves, to find the best ways of dealing with self harm. The study was published in the July 2008 issue of the journal Perspectives in Psychiatric Care.

An earlier Canadian study revealed how common this practice is here:

Almost one in six teenagers deliberately harm themselves by cutting, burning or other self-harming behaviours, according to a report in the Canadian Medical Association Journal.

Girls are twice as likely as boys to self-harm. Teens who cut are not usually trying to commit suicide, but rather to find a release of their emotional pain; some have been abused in the past.

The practice is highly addictive and very difficult to treat once it takes hold.

Standard treatment for these kids is to place them in a highly restrictive environment or to place them on suicide precautions, says Mangnall. They often feel like they are being punished —rather than listened to —for their behaviour. "Most of the women that I talked to regarding their self-harm stated that no one had actually allowed them to talk about their self-harm behaviours," she says.

Mangnall says treatment programs that listen to kids, teach them other coping mechanisms and minimize the harm they do to themselves may be more effective than completely forbidding any form of self-harm.

Her advice to friends and families of teenagers who cut themselves? "Recognize that deliberate self-harm is not the problem but a symptom of something deeper."

For instance, if a teen cuts as a way of dealing with earlier abuse or neglect, it is the abuse or neglect — not just the cutting — that needs to be dealt with in therapy.

She adds, "even though it is a coping mechanism, it is a maladaptive one and we must find ways to help those who self-harm to find more adaptive ways of coping."

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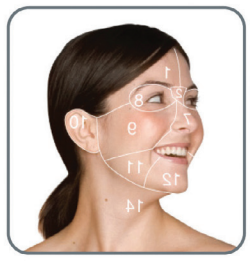

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Squashing high blood pressure
Getting more potassium may lower the risk of developing high blood pressure and decrease blood pressure in people who already have it. Winter squash is a rich source: One cup of hubbard squash, for instance, provides about 16 per cent of what you need each day. **BEST HEALTH MAGAZINE**

Lovers in a difficult time

Economic downturn means cheap dates are becoming a matter of necessity

It seems nothing can escape the effects of the economic crisis, even our love lives. According to Paul A. Falzone, CEO of worldwide dating services Together Dating, *togetherdating.com,* and The Right One, *theright one.com*, the demand for professional matchmaking apparently remains the same.

The one difference? More customers are paying on credit, he says. And they're taking the term "cheap date" literally.

Singles are using less cash and going out on more creative, yet inexpensive, dates, says Falzone. From catching a show at a community theatre instead of buying tickets for a play at a major theatre, to choosing quaint, less expensive restaurants, singles are finding many ways to save money yet still have a great time on a date.

"It really isn't about where you go, what you do or how much money you spend on a date. It's about who you're with," says Falzone.

Other cheap-date ideas? Go to an art opening. You usually get free booze and the visuals give you and your date something to talk about. Ice-skating is cheap but romantic and fun. And you have an excuse to keep each other warm. Sex is fun and usually free. All you need is a willing partner. Of course, if you've been with the same partner for a while, you might want to spice things up.

But who can afford to shell out $300 for the designer sex toys currently on the market? Luckily, a trip to the Dollar Store can net you some nifty sexual enhancers.

Who can afford to shell out $300 for designer sex toys? Luckily, a trip to the Dollar Store can net you some nifty sexual enhancers.

Like a feather duster, which is fun for tickling and teasing. Toss on an apron, some high heels and nothing else and you can play maid. Buy a toy sheriff's kit and arrest your sweetie for indecent exposure. Grab a blindfold and a couple silk scarves to use as ankle and/or wrist restraints for a night of cheap, mildly kinky fun.

Find a sexy shot of your sweetheart and glue it to a square piece of cardboard. Cut out a cardboard arrow and attach it with a pronged paper fastener so you can spin the arrow.

Buy sticky dots and tell your partner to place the dots on the image wherever they'd like you to get busy. Spin the arrow and toss dice to determine how many minutes you must spend on the spot where the arrow lands.

Or simply buy some bubble-blowing liquid, light a few scented candles, blow bubbles, feed each other cheap chocolate (two bars for a buck!) and assure one another that you will get through this... together.

JOHN DOWLAND

Pick up a feather duster at the Dollar Store, and you've got yourself a cost-effective prop for livening up sex.

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BRUSHING 101

Did you ever wonder why your teeth may not feel as clean as they could even though you brush and floss daily? Perhaps the problem is that **you are not using the right toothbrush. Or perhaps you are not brushing properly.**

The first thing you need to do is **select the right brush.** You need to use a brush that has a size and shape that allows you to reach your back teeth. Be careful about brushes that try to be too fancy. Some shapes or grooves may actually increase the amount of germs the brush will trap.

Once you have the right brush, you now have to use it right. Step 1 is **wash your hands!** Remember, your hands have been busy gathering germs of their own and you do not want to introduce them into your mouth while brushing!

Then **wet your brush and place a small amount of fluoride toothpaste on it.** Despite what you see on toothpaste commercials, you do not need to load up the entire brush. A small amount will do the job.

When brushing, place the bristles at the base of the teeth right where they meet the gum. **Brush at a 45 degree angle. And brush gently!** Brushing too hard can cause your gums to recede, and that will present a whole new set of problems for your oral health!

Dr. Martin LaBoissonniere
Dental Surgeon

Make sure you **brush every surface of the tooth.** This means the tops, the outer and the inner-surfaces. **Don't forget to brush your tongue!** The tongue is a prime area for bacteria build-up and should not be overlooked.

Remember…this is not a race! A complete and thorough brushing should take you **between 2 and 3 minutes.** Brushing too quickly likely means you are brushing too hard and/or just not cleaning your teeth as well as you could.

When you are finished, **rinse your brush and your mouth with water.** This just makes certain that all of the bacteria your brush can get is actually removed from your mouth.

Make sure you **store you brush in as germ free a location** as possible. It should be allowed to dry properly rather than sit in a pool of water.

One great way to minimize bacterial build up on the brush is to **run it through the dishwasher.** We recommend that you do this once a week. Simply place the brush in the utensil rack and let it run through a normal wash cycle.

Regardless how often you use the dishwasher to disinfect the brush, we recommend that you **replace it every 3 to 6 months.** This will make sure you have bristles with the strength to do their job, as well as ensure you are always using a clean brush. If you have a cold or the flu, you should change your toothbrush immediately after regaining your health.

Following these steps will allow you to keep your teeth as clean as possible between your visits to the dentist. Because brushing your teeth properly is a healthy habit…and healthy habits lead to healthy lives.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

Corbett hopeful for Sex sequel
Sex And The City star John Corbett is keen to reprise his role in the hit TV show for a sequel to this year's hit movie. Corbett reportedly hopes his character will be able to steal Carrie back from Mr. Big. **IMDB.COM**

Entertainment

Streep honours
Meryl Streep is up for awards in her roles in Doubt and Mamma Mia! at the 13th annual Satellite Awards in Los Angeles Dec. 14.
IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

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GCTC
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NOV 25 - DEC 14, 2008
"High-calibre comic drama with clout" *The Montreal Gazette*
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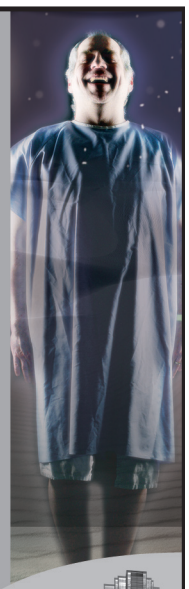
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G-strings and honesty; a mantra, T-Pain-style

JIM REYNO
Metro Canada

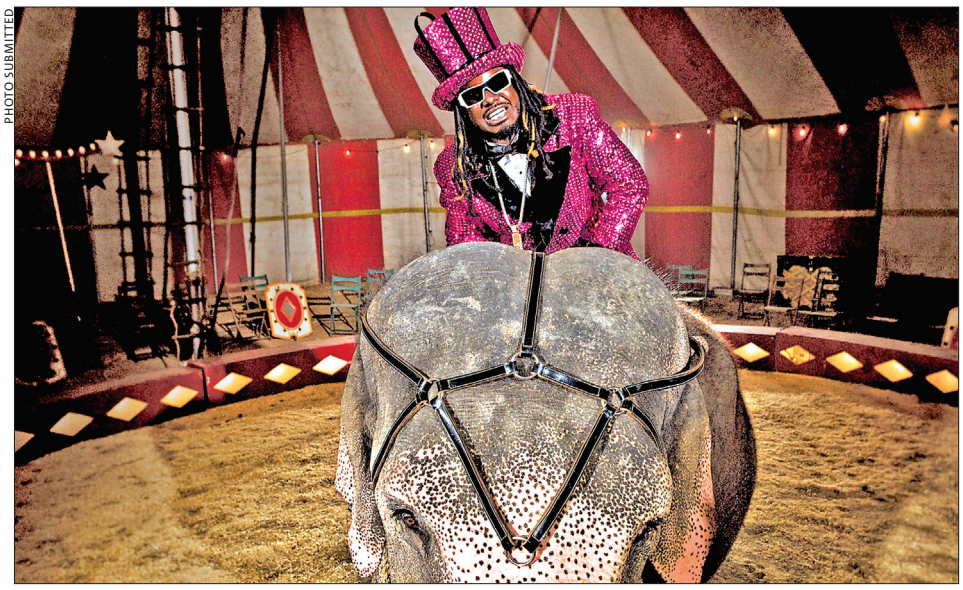
PHOTO SUBMITTED
T-Pain prides himself, his music and latest album Thr33 Rings on honesty.

T-Pain's got a G-string thing, and he's not afraid to show it.

The 24-year-old hip-hop/R&B star pours his heart and his life into his music. He doesn't hide the facts from anybody — especially his wife.

And the fact is, T-Pain enjoys strippers. He had a hit with I'm N Luv (Wit a Stripper) two years ago. On his new album, Thr33 Ringz, he wrote the song Long Lap Dance to ensure clients get their money's worth at the club.

So is an appreciation of exotic dancers something a married man with two children — and another on the way — should be revealing? Sure!

"My wife is usually in the strip club with me," T-Pain said in a recent interview in Toronto. "I take her where I go. Everything I talk about, she knows …

"She knows the exact situation sometimes. She knows what stripper I was talking about because she probably got a dance from her, too."

That heart-on (the sleeve, I mean) approach to music permeates Thr33 Rings, which features plenty of catchy hooks, guest stars and strong vocals from T-Pain.

And he doesn't just sing about strippers. The understated, acoustic Keep Going is a shout out to the support he's received from wife Amber and the rest of his family.

Aside from his own projects, T-Pain is a frequent guest on other people's recordings, Chris Brown's Kiss Kiss and R. Kelly's I'm a Flirt (Remix) among the best known.

But whether performing on someone else's recording date or his own, T-Pain approaches the material the same way.

"Just be honest with it," he said. "People want to know you. As an artist, people really want to get to know me. That's why people feel like they know me before they meet me, because I put my whole life on my albums."

Straight up — no apologies.

"It's honesty, man," T-Pain said. "That's why no one can blackmail me."

Entertainment in brief

YAHOO Barack Obama's presidential victory got more clicks than any other story on yahoo.com this year, but the most searched term was "Britney Spears," Yahoo Inc reported on Monday. In the Top 10 searches, Spears — the most popular search term for seven of the past eight years — was followed by WWE and then by Obama, Yahoo said. **METRO NEWS SERVICES**

For DVD reviews of Wanted, Step Brothers, The Chronicles of Narnia: Prince Caspian, and more, go to metronews.ca

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metro Do it daily.

Ramsay swears he didn't cheat
Celebrity chef Gordon Ramsay has spoken out over allegations he cheated on his wife of 12 years, in his own inimitable style, calling the claims "bulls---." ANANOVA.COM

Five named to Fame faculty

MOVIES Actors Megan Mullally, Kelsey Grammer, Charles S. Dutton, Bebe Neuwirth and Debbie Allen have been tenured. The quintet has been chosen for administrative and teaching roles in the remake of Fame.

All five actors have noteworthy performing-arts backgrounds. Mullally, who will play a voice instructor, graduated from the School of American Ballet; Grammer, who will play an orchestra conductor, attended Juilliard; Dutton, who will play an acting teacher, went to the Yale School of Drama; and Neuwirth, who will play a dance teacher, has won two Tonys.

Actress and choreographer Allen, who played dance teacher Lydia Grant in the original film and won a Golden Globe for her role in the spinoff television series, will appear in the updated version as Principal Simms.

Choreographer Kevin Tancharoen will direct the reinvention of the 1980 musical drama about a group of dancers, singers, actors and artists trying to survive four gruelling years at New York City's prestigious High School of Performing Arts.

The student cast includes Kristy Flores, Paul Iacono, Paul McGill, Naturi Naughton and Kay Panabaker.

Allison Burnett and Aline Brosh McKenna wrote the updated screenplay for the MGM/Lakeshore Entertainment production, which is scheduled for release Sept. 25, 2009.

REUTERS

In brief

FILM Tommy Lee Wallace, the writer-director of Halloween III and Fright Night Part 2, is taking horror-film fans back to school with Helliversity. Wallace will direct the film, in which a group of American exchange students is terrorized by a vengeful spirit while locked inside a high-security foreign university. REUTERS

GlobalStyle

Kenya Hunt

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Everything's not coming up Rosie

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

I DIDN'T WANT TO SAY I TOLD YOU SO, BUT ... Like the famous story of the New Yorker movie critic who was shocked at Richard Nixon's re-election since she didn't know anyone who voted for him, I kept reading stories about Rosie O'Donnell's NBC variety show and wondered who would be watching the thing, since I was sure no one I knew was.

Maybe, I wondered, they were just hiding it — like married men who watch porn or women in journalism who liked Sarah Palin — and Rosie's little retro project/labour of love would hit TV like Katrina.

"Tonight, Rosie is offering up what could be the beginning of something big," anticipated Roger Friedman on the Fox News website last week, imagining Rosie Live as — I kid you not — an "American Idol killer."

As much as I might fervently wish to see such a thing, it was never meant to be.

"The faint hope of the rebirth of the variety show died tonight," wrote Michael Rowe on Vanity Fair's website, among the apparently unanimous post-mortem chorus.

"Rosie, Rosie, what on Earth were you thinking?" wondered Mary McNamara of the Los Angeles Times.

"Were you thinking camp? Were you thinking this will be big and brassy and so-over-the-top even the dancing cupcakes will be irresistible?"

By this point you've probably figured out that no amount of money could have persuaded me to sit through Rosie Live, but the descriptions are intriguing, to say the least.

James Poniewozik describes "Alanis Morissette wearing what appeared to be Celine Dion's hair and wardrobe, singing a ballad while staring upward with unsettling intensity and standing in front of a karaoke video screen of flying geese."

"Liza came up from under the stage, 'cause that's where she's been living since 1982," wrote Vanity Fair's Rowe, clearly warming to the task.

"She was shakier than the floorboards that were holding up Rosie.

"I heard that later at the after-party they used her to mix the martinis. She did sing ... Uh, well, it seemed to me that melody actually frightened her.

"It was as if she'd been conditioned with an electric dog collar, anticipating a high-powered zap whenever she barked out a note."

The good news is that, with just five million viewers, Rosie will be Live no more.

"No ratings. bad reviews. yet still — a thrill 4 me," O'Donnell wrote on her blog with customary text-messaging economy, as NBC's grimly fascinating death spiral continues with increasing velocity.

Rick McGinnis writes about music, movies, books and television, but not opera.

primetime

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/2/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Children (Part 3 of 3) (N)		The Mummy Diaries		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House (HDTV PA) (N)		(9:01) NCIS (N)		Kitchen Nightmares (PA)		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Babine-grandiose		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Pushing Daisies (N)		(9:01) Fringe "Safe"		Eli Stone (HDTV) (N)		News (N)
	196	311	7	CTV	Hollywood	etalk	Without a Trace (N)		Criminal Minds		Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	Loft Story	Grand rire bleue 4		La Verité choc		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Canada	Villages	*Pierrot le fou* ★★★ (1965, Comédie) Jean-Paul Belmondo.				Les Couleurs
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Road Kill" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Cold Case "Family"		News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Privileged (HDTV)		According-Jim	According-Jim	Hates Chris	Friends	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
	-	361	20	ABC	News (N)	Entertainment	Santa Claus Is Comin' to Town		According-Jim	According-Jim	Eli Stone (HDTV) (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House (HDTV PA) (N)		(9:01) Fringe "Safe"		(10:01) News (N)		News
	-	-	64	PBS	Business Rpt.	Holiday Table	Andre Rieu: In Wonderland				Sharing Christmas		Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Without a Trace (N)		Criminal Minds		Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Norm Keep him at home.		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Air Racing		World Combat League		The Ultimate Fighter		Sportsnet Connected (Live)		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	NHL Hockey Atlanta Thrashers at Montreal Canadiens. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Court Surfing NBA news, scores and highlights.				NBA Basketball Toronto Raptors at Denver Nuggets. (HDTV) (Live)				
	411	457	56	OLN	(6) The Amazing Race 6		Survivorman		Angry Planet	Flying Doctor	Which Way to...		Pilot Guides
	417	406	59	SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks
family	554	544	48	TEL	Santa Claus	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	570	580	29	MM	mmmtop	Where You At	Listed		Popaganda		Don't Forget the Lyrics!		Party of Five
	615	520	31	A&E	CSI: Miami "Invasion"		The First 48		The First 48 (HDTV)		The Rookies	The Rookies	The Rookies
	628	584	32	SPKE	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		MANswers (N)
	521	560	34	TLC	My Shocking Story		My Shocking Story (N)		Mystery Diagnosis		Dr. G: Medical Examiner		Shocking Story
	145	761	35	TV5	Toute une histoire		Voici venir l'orage			Chateaux	Champ. nature	Humanima	Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield (N)		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Let It Rock		Bravonews	Garrett Mason	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Dirty Jobs		Daily Planet
	575	583	43	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*The Perfect Man* ★★ (2005, Romance-Comedy)				Cheers	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
	581	566	53	MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS "SWAK"		Outlaw Bikers		Ax Men "The Close Call"		NCIS "Twilight"		Crime Stories
	129	773	60	CD	Biographies		Mayday "Approche finale"		Images-chocs		Un tueur si proche (HDTV)		Docu-D
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Life and Times-McLachlan		MythQuest
	602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay (N)	Rez Rides	Fish Out	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Paris Hilton's My New BFF (N)		Paris Hilton's My New BFF (N)		TMZ
	603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant

cable variety

critics' corner

Fringe
While investigating a string of bank robberies, Olivia, Walter and Peter find one of the suspects trapped inside a vault as if the wall had solidified around him, leading them to believe that a group of thieves has found a way to defy the laws of physics. And Walter realizes the thieves are after something of his in "Safe." 9:01 PM on 6 SHRO 36 FOX

Santa Claus Is Comin' to Town
A mailman explains where Santa Claus came from in this animated special from 1970. The future jolly old man is a foundling left on the doorstep of the Kringles, a family of toymakers. They name him Kriss, and he'd like nothing more than to give toys to youngsters, but mean Burgermeister Meisterburger will have none of that. 8 PM on 20 ABC

The Biggest Loser: Families
It's one of the most anticipated episodes of every season, and this year the five remaining contestants head to New York for new haircuts and a trip to Macy's, where "Project Runway" winner Christian Siriano helps them pick out new outfits. Then the contestants appear on "The Tyra Banks Show." 8 PM on 9 NBC, 18 E!

Armani denied hotel buyout
Fashion designer Giorgio Armani has had his multimillion-dollar offer to purchase top London hotel the Berkeley rejected. IMDB.COM

Celebrity Buzz

Hubby says he'll leave Winehouse 'out of love'

MARRIAGE Amy Winehouse's husband says he wants out of their marriage — for her sake, People.com reports.

"I have to let her go to save her life," Blake Fielder-Civil — who is currently in rehab after being released from jail in November — told a British newspaper Sunday. "I am not abandoning her. I am doing this out of love."

During the interview with the News of the World, Fielder-Civil also admits that he "introduced" the 25-year-old Winehouse to crack and heroin.

The former video production assistant — who wed Winehouse in 2007 — denies being after the singer's money and says he will not "fight her for anything."

Winehouse's U.K. spokesman, Chris Goodman, says he is unaware of anything formal underway to end the marriage.

Winehouse has not visited her husband at the rehab centre where he was sent as a condition of his early release. He spent almost a year behind bars after pleading guilty to charges of assault and attempting to pervert the course of justice.

Meanwhile, Goodman tells People that the singer remains hospitalized at a London clinic and is "doing fine." The rep says she is being seen as part of her ongoing medical care.

METRO NEWS SERVICES

No, Naomi's not getting married

MARRIAGE Naomi Campbell's representative has dismissed reports she's to wed her boyfriend, Vladimir Doronin, in a secret December ceremony in Russia, imdb.com reports.

Campbell sparked rumours of an engagement after she was pictured at a Moscow party sporting a large emerald sparkler on her ring finger.

British tabloids are now claiming Campbell is planning a small, low-key wedding after reportedly inviting close friends and family to join the couple for a special Christmas vacation.

"Naomi asked them to save the date and be prepared to travel to Russia," a source tells the Sunday Mirror. "She's keeping tight-lipped about exactly what is happening — and has sworn everyone to secrecy."

Campbell's spokesman has denied the claims, saying, "She has no plans to be in Russia at that time."

METRO NEWS SERVICES

Hudson once 'stalked' a crush

DATING Kate Hudson once "stalked" a man she was desperate to date, and even recruited her friends to help her track the unwitting suitor down, imdb.com reports.

The actress confesses she was so obsessed with the unnamed bachelor that she tried to arrange meetings, hoping he would ask her out.

She doesn't reveal if her tactics worked, but admits, "I did go through this stalker phase. I was completely crazy about this one guy and used to drive by his house and get my friends to call me up if they saw him in a restaurant so I could show up."

METRO NEWS SERVICES

Bloom denies engagement

RELATIONSHIPS Orlando Bloom and his girlfriend Miranda Kerr have denied they are engaged following a flurry of rumours about an imminent wedding, imdb.com reports.

The actor was reported to have proposed to the model before jetting off on a romantic trip to Venice last week.

But a representative for Kerr has refuted the claims, insisting the couple aren't planning on walking down the aisle any time soon.

"These rumours are not true," the rep tells People.com. "The story is completely false and misleading. Miranda herself has clearly stated she is not engaged. There is nothing else to be said."

The pair went public with their romance earlier this year.

Bloom has previously dated stars including Kate Bosworth and Kirsten Dunst.

METRO NEWS SERVICES

Diaz avoided ex's new flame Biel?

RELATIONSHIPS Cameron Diaz deliberately avoided Jessica Biel at the CNN Heroes: An All-Star Tribute, femalefirst.co.uk reports.

The actress rushed through the back entrance of Los Angeles' Kodak Theatre on Friday to avoid running into Biel, who is dating Diaz's ex-boyfriend, singer Justin Timberlake.

"It was a careful tango to make sure they weren't backstage at the same time," a source says.

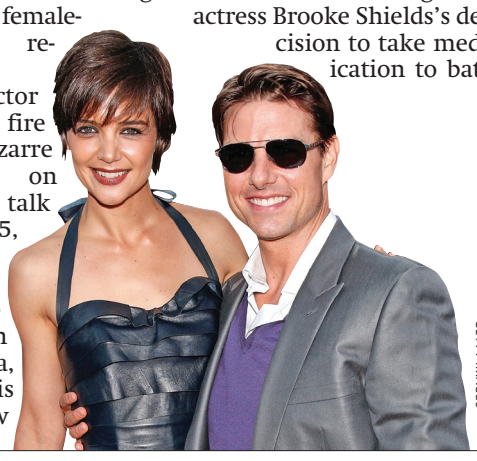
Diaz reportedly blew up at Biel at the 2007 Golden Globe Awards after she spotted her flirting with Timberlake soon after they had split.

METRO NEWS SERVICES

Cruise admits to erratic behaviour

PEOPLE Tom Cruise was stunned by the barrage of criticism he received after his infamous couch-jumping interview with Oprah Winfrey, but admits he could have "handled things better," femalefirst.co.uk reports.

The actor came under fire after his bizarre appearance on the daily talk show in 2005, during which he jumped up and down on the sofa, declaring his love for new girlfriend Katie Holmes.



GETTY IMAGES

A whirlwind of bad press erupted following the incident, especially surrounding his links to the controversial Scientology faith and his comments against actress Brooke Shields's decision to take medication to battle her post-natal depression.

Cruise admits to Britain's Daily Mirror that his behaviour was bordering on erratic, and that he didn't handle the situations he found himself in with enough control.

"There are things that I could have done better. I could have handled things better," he says.

However, Cruise insists the negative press made their relationship stronger.

"Going through that stuff is not pleasant, and I think it hit an extreme, but Kate's a very sure and confident and strong woman. She gets it, you know."

METRO NEWS SERVICES

Can't believe I was fat: Lake

PEOPLE Ricki Lake has trimmed 140 pounds from her all-time top weight of 270 pounds — and says she is holding steady, People.com reports.

"I can't believe I was a fat person for most of my life," the former talk-show host says. "I didn't have surgery and I worked hard. There's no secret. I'm active. I watch what I eat."

But she's certainly not immune to the pressure to stay thin.

"According to Hollywood standards, I'm not a thin girl," says the mom of two boys. "I don't want to perpetuate that obsession, but I am also guilty of wanting ... to lose weight.

"I'm just grateful that I have sons and not daughters because it's that much harder," she added.

METRO NEWS SERVICES

Dogs before men in Bosworth's bed

PEOPLE Actress Kate Bosworth would rather kick a man out of bed than disturb her beloved pooch Lila at night, imdb.com reports.

"My boyfriend found that odd ... (But) the dog will stay in the bed before the man will," she said.

METRO NEWS SERVICES

Love talks weight battle

HEALTH Courtney Love wanted to have a gastric band fitted but was refused by doctors, femalefirst.co.uk reports.

The former Hole singer, who recently lost a dramatic amount of weight, prompting surgery rumours, admits she was keen to undergo the procedure after becoming depressed about her ballooning weight.

"Baby, if I could get a gastric band I would. I've heard it's a lot of vomiting and a pain in the a—, but it's still easier than a diet."

Love confesses she was turned down for the procedure, but went on to try liposuction on her stomach after that: "It was horrible and it didn't work."

METRO NEWS SERVICES

The Weather Network 20 YEARS
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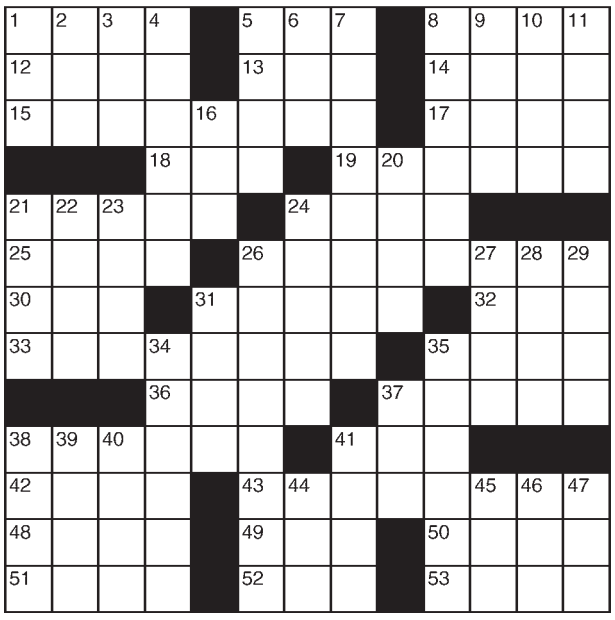
Today: Rain or snow showers 40% 3° / -1°
Wednesday: Variable 3° / -5°
Thursday: Rain and snow 80% 3° / -7°

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3	7	4		5			2
	9	5						4
8			6					
3	6				8			
	7	2				1	3	
			1				9	6
					1			9
1						6	5	
7			9		4	3	2	

Crossword across

1 Eastern potentate (Var.)
5 Snoop Dogg's genre
8 Lend a hand
12 Protuberance
13 Chicken-king link
14 October birthstone
15 Seeker of an honest man
17 Spanish artist Joan
18 Ovum
19 Mucilaginous
21 California city
24 MGM mascot
25 Suggestion
26 God of wine
30 Toward the stern
31 Foolish one
32 Unclose, in verse
33 Bishops' jurisdictions
35 — gin fizz
36 Cupid's specialty
37 Fair of hair
38 Guru
41 "—, a deer, ..."
42 Last notice
43 Dry ice and others
48 Parker House, e.g.
49 Very long time
50 Long cut
51 Elbow counterpart
52 Geneticists' abbr.
53 Promote in a big way

Crossword down

1 Moreover
2 Miss Piggy's pronoun
3 Altar affirmative
4 Sovereign's sub
5 Pealed
6 Pub order
7 Soap that debuted in 1999
8 Grits makeup
9 Grand story
10 Caprice
11 Stratagem
16 Id counterpart
20 Broadway award
21 Actor Everett
22 Stereo setup
23 Grooving on
24 Eye cosmetic
26 Mess
27 Unaccompanied
28 "Once — a time"
29 Progeny
31 "Finding —"
34 Bulls, oxen, etc.
35 Santa's transport
37 Carton
38 Robin Williams TV role
39 Black, to poets
40 Cleopatra's river
41 Lady of Spain
44 Charged bit
45 Rotation duration
46 Kreskin's claim
47 That girl

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

R	I	P	■	B	E	A	C	H	■	V	O	L
E	R	A	■	A	N	N	O	Y	■	A	D	O
V	A	L	E	N	T	I	N	E	■	L	O	B
■	■	■	K	A	I	■	I	N	S	U	R	E
A	D	V	E	N	T	■	C	A	N	A	■	■
M	O	A	■	A	L	A	■	S	A	B	L	E
I	L	L	S	■	E	G	G	■	P	L	O	T
S	L	I	T	S	■	A	R	P	■	E	O	N
■	■	D	A	T	A	■	A	L	A	S	K	A
D	R	A	G	O	N	■	C	A	R	■	■	■
O	U	T	■	V	A	L	K	Y	R	I	E	S
U	S	E	■	E	X	I	L	E	■	C	A	P
P	H	D	■	S	E	V	E	R	■	E	T	A

8	2	5	6	4	3	9	7	1
6	1	4	9	7	5	2	8	3
9	7	3	2	1	8	5	4	6
1	8	6	7	2	4	3	5	9
3	4	9	8	5	6	7	1	2
2	5	7	1	3	9	4	6	8
5	3	8	4	9	1	6	2	7
4	6	2	3	8	7	1	9	5
7	9	1	5	6	2	8	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Vegetable Primavera

INGREDIENTS:
8 oz (250 g) baby carrots
1 cup (250 mL) baby corn
8 oz (250 g) young thin green beans
Salt and black pepper
8 oz (250 g) baby or small zucchini
Small handful of fresh parsley or chervil
1 lb (500 g) fresh ricotta and spinach tortellini
1 tbsp (15 mL) olive oil
1/2 lemon
1 tbsp (15 mL) whole-grain mustard

METHOD:
1. Put a large pot of water and a kettle on to boil. Preheat oven to 250ºF (121ºC).
2. Trim carrots, corn and beans, and cut into short lengths (if large). Plunge vegetables into pot of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
3. Meanwhile, trim zucchini. Cut baby zucchini in half lengthwise, small ones into slices, and set aside. Chop parsley.
4. Lift cooked vegetables from boiling water with slotted spoon, put into a bowl, and keep warm in the oven. Bring water back to a boil, adding more water from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
5. Meanwhile, heat olive oil in a large pot. Add zucchini and fry, stirring continuously, for 2–3 minutes.
6. Squeeze lemon juice into zucchini, then add drained vegetables, mustard, and salt and pepper to taste. Toss gently.
7. Drain pasta and mix into the vegetables. Turn into a warmed serving dish, sprinkle parsley, and serve hot.

PER SERVING
537 calories, 25 g total fat, 13 g saturated fat, 52 g carbohydrate, 7 g fibre, 26 g protein
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Set out to achieve the goal of a lifetime. Make your way to higher ground. A boss may try to set annoying limitations.

TAURUS
APRIL 21-MAY 21
You'll believe in miracles. An exceptional person says astonishing things. Someone doesn't understand what moves you.

GEMINI
MAY 22-JUNE 21
You've procrastinated for too long. Refuse to talk until you know the facts. A woman will remind you of an obligation.

CANCER
JUNE 22-JULY 22
Try to comfort a forlorn man. Break free of a repetitive relationship pattern. A difficult task must be mastered.

LEO
JULY 23-AUG 23
Unfair accusations become a cat-and-mouse game. A wish will be granted. Your opinions will frighten someone.

VIRGO
AUG 24-SEPT 22
Move away from a disrespectful youth. An older person seeks freedom. A simple task becomes too strenuous to perform.

LIBRA
SEPT 23-OCT 23
Be strongly principled and a problem will melt away. Hurt feelings result from a memory loss. Eliminate your resistance to good insights.

SCORPIO
OCT 24-NOV 22
Refuse to make decisions about your future. Remain calm when approached by an anxious female. Confirm that no mistakes have been made.

SAGITTARIUS
NOV 23-DEC 21
A persistent dream is a reminder. You may travel in the wrong direction. It's only a matter of time until a woman gives in.

CAPRICORN
DEC 22-JAN 20
Don't leave town for nostalgic reasons. You'll know whether a lie is being told. Save the money that you want to spend on treats.

AQUARIUS
JAN 21-FEB 18
Don't reject an impossible idea. Conflicting signals make you briefly hesitate. Be sure of your feelings before sharing them.

PISCES
FEB 19-MARCH 20
A spiritual quest forces someone to change their behaviour. Clichés will annoy an old busybody. A lack of foresight wrecks plans.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Get a prize of half a sawbuck (1)
2. Injured movie star Reynolds (1)
3. Coal pit's fork prongs (1)
4. Good-with-tools TV pundit Rooney (2)
5. Strew physical substance of the universe (2)
6. Broadway dancer Gwen's heavy woes (2)
7. On one's patellas handing out poker cards (2)

ANSWERS
1. WIN FIN 2. HURT BURT 3. MINES TINES 4. HANDY ANDY
5. SCATTER MATTER 6. VERDONS BURDENS 7. KNEELING DEALING

12-2-08

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